



Mon	Tue	Wed	Thu	Fri
<p><u>Green = Parks and Recreation</u> <u>Blue = UNIDAD</u></p>		<p>1 UNIDAD Closed</p>  <p>HAPPY NEW YEAR</p>	<p>2 *Registration begins*</p> <p><u>Outdoor Yoga: 8:00am-9:00am</u> <u>Chair Yoga: 9:15am-10:15am</u> <u>Chair Aerobics: 10:15am - 11:15am</u> <u>Lunch Program: 11:30am- 1:00pm</u> <u>Book Club: 1:30pm-3:00pm</u> <u>Choir:4:00pm-5:00pm</u></p>	<p>3</p> <p><u>Dance Fusion: 9:15am - 10:15am</u> <u>Art :10:00am-12:00pm</u> <u>Lunch : 11:30 - 1:00pm</u> <u>Flamenco: 1:30pm - 2:30pm</u></p>
<p>6</p> <p><u>Tai Chi: 9:00am-10:00am</u> <u>Tai Chi Ruler: 10:00am 10:-15am</u> <u>Calisthenics: 10:15am-11:15am</u> <u>Lunch Program: 11:30am- 1:00pm</u> <u>Sound Therapy:1:30pm-2:30pm</u> <u>Art Class: 1:30pm-2:30pm</u> <u>English Class: 2:45pm-3:45pm</u></p>	<p>7</p> <p><u>Outdoor Yoga: 8:00am-9:00am</u> <u>Chair Yoga: 9:15am- 10:15am</u> <u>Dance Fusion: 10:15am - 11:15am</u> <u>Lunch Program: 11:30am- 1:00pm</u> <u>Spanish Class: 3:00pm-4:30pm</u></p>	<p>8</p> <p><u>Tai Chi: 9:00am-10:00am</u> <u>Tai Chi Ruler: 10:00am 10:-15am</u> <u>Calisthenics: 10:15am-11:15am</u> <u>Lunch Program: 11:30am- 1:00pm</u> <u>Qi-Gong: 1:30pm-2:30pm</u> <u>Computer Class: 1:15pm- 2:15pm</u></p>	<p>9 *Feeding SFla Workshop 10:30am-11:30am</p> <p><u>Outdoor Yoga: 8:00am-9:00am</u> <u>Chair Yoga: 9:15am-10:15am</u> <u>Chair Aerobics: 10:15am - 11:15am</u> <u>Lunch Program: 11:30am- 1:00pm</u> <u>Book Club: 1:30pm-3:00pm</u></p>	<p>10</p> <p><u>Dance Fusion: 9:15am - 10:15am</u> <u>Art :10:00am-12:00pm</u> <u>Lunch : 11:30 - 1:00pm</u> <u>Flamenco: 1:30pm - 2:30pm</u></p>
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<p>20 * UNIDAD Closed</p>  <p>MARTIN LUTHER KING DAY</p>	<p>21</p> <p><u>Outdoor Yoga: 8:00am-9:00am</u> <u>Chair Yoga: 9:15am- 10:15am</u> <u>Dance Fusion: 10:15am - 11:15am</u> <u>Lunch Program: 11:30am- 1:00pm</u> <u>Spanish Class: 3:00pm-4:30pm</u></p>	<p>22</p> <p><u>Tai Chi: 9:00am-10:00am</u> <u>Tai Chi Ruler: 10:00am 10:-15am</u> <u>Calisthenics: 10:15am-11:15am</u> <u>Lunch Program: 11:30am- 1:00pm</u> <u>Qi-Gong: 1:30pm-2:30pm</u> <u>Computer Class: 1:15pm- 2:15pm</u></p>	<p>23 *Floral Design Workshop*</p> <p><u>Outdoor Yoga: 8:00am-9:00am</u> <u>Chair Yoga: 9:15am-10:15am</u> <u>Chair Aerobics: 10:15am - 11:15am</u> <u>Lunch Program: 11:30am- 1:00pm</u> <u>Book Club: 1:30pm-3:00pm</u> <u>Choir:4:00pm-5:00pm</u></p>	<p>24</p> <p><u>Dance Fusion: 9:15am - 10:15am</u> <u>Art :10:00am-12:00pm</u> <u>Lunch : 11:30 - 1:00pm</u> <u>Flamenco: 1:30pm - 2:30pm</u></p>
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General Information:

* = Classes, programs and workshops offered by Miami Beach Parks and Recreation held at Unidad.

- Chair Aerobics - Thursday, 10:15am - 11:15am
 - Outdoor Yoga- Tuesday, 8:00 am- 9:00 am (NSYC Dance Room)
 - Chair Yoga - Tuesday & Thursday, 9:15am - 10:15am
 - Tai Chi - Monday & Wednesday, 9:00am - 10:00am
 - Tai Chi Ruler - Monday & Wednesday, 10:00am - 10:15am
 - Calisthenics- Monday & Wednesday, 10:15am-11:15am
 - Dance Fusion - Tuesday 10:15am- 11:15am & Friday, 9:15am - 10:15am
 - Sound Therapy- Mondays 1:30-2:30pm
 - North Shore Art Club- Saturday 9:00am-1:00pm
- Fitness Center at NSPYC - Monday -Friday 7:30am - 1:00pm & 6:15pm- 8:00pm
- Saturday- 9:00am- 5:00pm

01/02/24, 01/03/24, 01/17/24

Gym Opens 6:15pm- 8:00pm Only

North Shore Park and Youth Center

501 72nd Street, Miami Beach, Fl. 33141 | 305-861-3616 Ext.6585

Xavier Guerrero: xavierguerrero@miamibeachfl.gov

If you would like emails about cancellations and special events, please stop by one of our facilities to enroll in the classes via the

Rectrac registration system.

Please visit miamibeachparks.com to see all senior program offerings at various city facilities

UNIDAD Senior Center

7251 Collins Avenue, Miami Beach, FL. 33141 | 305-867-0051

Classes, programs and workshops offered by UNIDAD

- Spanish Classes - Tuesday, 3:00pm - 4:30pm
- Choir- 4:00pm - 5:00pm
- Flamenco - Friday, 1:30pm - 2:30pm
- Art Class - Monday, 1:30pm- 3:30pm, Friday, 10:00am - 12:00pm,
- Qi-Gong - Wednesday, 1:30pm- 2:30pm
- Computer Class– Every other Wednesday, 1:15pm-2:15pm
- Free Lunch - Monday - Friday, 11:30am - 1:00pm
- English Class- Monday 2:45pm- 3:45pm
- Book Club- Thursday, 1:30pm-3:00pm

General Information:

* Miami Heat Game *

Kaseya Center

January 19, 2024

Bus Leaves 1:00pm- Bus Returns 6:00pm

Food Not Included

*Registration Starts January 2, 2025

Floral Design Workshop for Seniors 55+ (Free)

Date: January 5, 2025

Time: 1:00pm- 2:00pm

Location: Scott Rakow Youth Center

2700 Sheridan Ave, Miami Beach, Fl

Floral Design Workshop for Seniors 55+ (Free)

Date: January 23, 2025

Time: 2:00pm- 3:00pm

Location: UNIDAD Senior Center

7251 Collins Avenue, Miami Beach, Fl 33141

MB Seniors ages 55+ will enjoy a floral design workshop where they can make a beautiful bouquet. Space is limited, and registration is required by visiting register.miamibeachparks.com

Schedules subject to change. Please call (305) 867-0051 for most updated information.

To request this material in alternate format, sign language interpreter (five-day notice required), information on access for persons with disabilities, and/or any accommodation to review any document or participate in any city-sponsored proceedings, call 305.604.2489 and select 1 for English or 2 for Spanish, then option 6; TTY users may call via 711 (Florida Relay Service).